

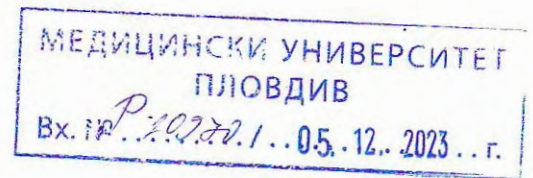
TO

The chairman of the scientific jury,

determined by Order No. R-2919/ 11.10.2023 of
the Rector of the Medical University - Plovdiv

V. Aprilov Blvd. No. 15A, 4002 Plovdiv

On your Protocol No. 1/ dated 12.10.2023.



Attached I present: STATEMENT

In concern with the competition for the academic position of "ASSOCIATE PROFESSOR"

in scientific specialty HUMAN PHYSIOLOGY

field NATURAL SCIENCES,

announced for the needs of MU-Plovdiv, Department of Physiology

in SNP No. 65 of 26.07.2023

Reviewer: Prof. Julia Nikolova, MD, PhD

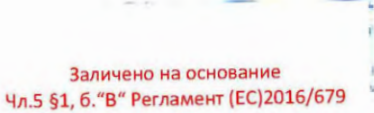
Scientific specialty: ANIMAL and HUMAN PHYSIOLOGY

Institution: MU-Plovdiv, Department of Physiology

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STATEMENT

in concern with the COMPETITION FOR THE ACADEMIC POSITION OF "ASSOCIATE PROFESSOR" in MU-PLOVDIV, BULGARIA

I. Analysis of the candidate's career profile:

Dr Petar Ivanov Hrishev was born in 1988. in the city of Plovdiv. He graduated the English Language High School in Plovdiv in 2007 and obtained a diploma for higher education at the Master's degree in "medicine" at the Medical University - Plovdiv in 2013 with honors. As a student, in the period 2011-2013, Dr Hrishev was a member of the control board of MU-Plovdiv, and in the period 2007-2013 - of the Student Council and the Association of Medical Students at MU-Plovdiv. In 2014, after a competition, Dr Hrishev was appointed as an assistant professor at the Department of Physiology, MU-Plovdiv and started specializing in the scientific specialty of Human Physiology. In 2018 successfully obtained the Educational and Scientific Degree Philosophy Doctor (PhD) in Animal and Human Physiology on the topic: "Functional, hormonal and clinical-chemical aspects of diet-induced metabolic syndrome (MS) in male and female rats under conditions of submaximal training".

Since 2019 Dr Hrishev has a recognized specialty in Physiology.

Since 2020, after a competition, Dr Hrishev holds the academic position of chief assistant professor. Since the same year, he is responsible for the scientific research at the Department of Physiology at the MU-Plovdiv.

Dr Hrishev was chosen by medical students, 2nd year, studying in English, as the best teacher of practical exercises for the summer semester of the academic years 2020/2021 and 2021/2022.

Dr Hrishev has participated in 6 scientific research projects - 4 intra-university, funded by the Science Council at MU-Plovdiv and 2 funded by the National Scientific Research Fund. In 2010 was awarded an honorary diploma for participation in the MORE project, financed under the 7th framework program of the European Union for scientific research and technological development. In 2013 receives an award for best poster in the competition session "Science and Youth" and a certificate for outstanding contribution and support of the idea "Rare Diseases".

Dr Hrishev has an excellent command of written and spoken English - he holds a diploma in English language proficiency University of Cambridge, ESOL Examinations.

Dr Hrishev's technical skills and competencies are related to excellent command of Microsoft Office - MS Word, MS Excel, MS Power Point, IBM SPSS Statistics, graphic software - CorelDraw, Fireworks, Adobe Lightroom Internet applications.

Dr Hrishev holds documents for training on the protection and humane treatment of experimental animals used for scientific or educational purposes from Thracian University - Stara Zagora and for a completed training program on the topic: Tools for attractive training in the period November-December 2021, approved by order of the MES RD 09-1058/25.01.2017 from the Center for Creative Learning.

II. General description of the submitted materials for the competition:

The documents, presented by Dr Petar Hrishev, are completed accurately in accordance with the requirements of the Regulations for awarding the academic position "Associate Professor" of MU-Plovdiv.

III. Evaluation of the candidate's scientific works:

1. General characteristics of scientific production and publication activity:

The analysis is based on the publication activity of Dr Hrishev for the period up to and including 2023, as follows:

- Educational and Scientific Degree Philosophy doctor (PhD) in Animal and Human Physiology on the topic: "Functional, hormonal and clinical-chemical aspects of diet-induced metabolic syndrome (MS) in male and female rats under conditions of submaximal training", MU - Plovdiv, 2018.

- 21 publications in international refereed and indexed in world-renowned scientific information databases (Scopus and Web of science), of which 7 are with IF (Total IF – 14,532) (Q1 – 1 publication; Q2 – 2 publications; Q3 – 6 publications; Q4 – 4 publications and 2 in print);

- 18 publications in non-refereed specialized journals with scientific review and collections of scientific articles;

- 10 scientific announcements at scientific forums abroad;

- 19 scientific reports at international scientific forums in Bulgaria;

- 14 scientific announcements at national scientific forums in Bulgaria;

- 1 monograph - "Obesity and related pathological conditions in humans and experimental animal models", 2022, AQUA GRAPHICS publishing house, Plovdiv, ISBN; 978-619-7518-09-2;

- 19 contributions as a co-author in published seminar manuals and test collections.

2. Scientific activity - dissemination and application of the candidate's scientific and practical achievements among the scientific community:

The main scientific focus on which Dr Petar Hrishev has scientific interest and achievements are related to obesity, metabolic syndrome, nutrition, sports medicine - the processes related to the preparation and recovery of athletes.

Dr Hrishev carried out a complex study of factors with a key role in the development of Metabolic Syndrome in women, such as cytokines, NGF and adiponectin and their binding target receptors. In parallel, together with a team from the Department of Anatomy, Histology and Embryology at the Faculty of Medicine of the Medical University of Plovdiv, a complex of immunochemical and immunohistochemical expressions of the above-mentioned factors in subcutaneous adipose tissue was investigated and presented. Through the development of an animal model of MS in female and male rats and the combined application of a high-fat and high-carbohydrate diet, not only the gender characteristics but also the characteristics of the syndrome - dyslipidemia, obesity, insulin resistance and high normal blood pressure - have been pioneered. PhD: "Functional, hormonal and clinical-chemical aspects of diet-induced metabolic syndrome in male and female rats under conditions of submaximal training".

Administration of a high-lipid, high-carbohydrate diet in experimental conditions confirmed the development of low-grade inflammation in both sexes, expressed to a higher degree in female rats (3,18,19). In a team with the Department of Anatomy, Histology and Embryology at the Medical University of Plovdiv, the moderate and strong expression of the ghrelin receptor GHS-R1 was found in the liver of male rats with experimentally developed MS(5). Dr Hrishev is looking for an answer on how to improve the MS parameters and found that the results in the complex application of a hypocaloric diet and submaximal physical training are significant (3,15).

Dr Hrishev focuses his scientific interest on another characteristic of MS – prehypertension. Clinical-chemical and functional biomarkers for endothelial dysfunction are investigated and their role as a predictor for MS, prehypertension and cardiovascular pathology is established (4).

Dr Hrishev expanded his scientific focus in concern with MS, tracking the influence of two prebiotics on the lipid profile and antioxidant defense in male rats with streptozotocin-induced type 1 diabetes mellitus(8). Dyslipidemia, oxidative stress and cognitive abilities in experimental animals can also be beneficially affected in combination with aerobic training(10).

In continuation of his scientific pursuits, realized through the PhD work, Dr Hrishev, together with a team from the Department of Anatomy, Histology and Embryology at the MS, MU-Provdiv, studied the expression of ghrelin and serotonin and their receptors in the gastrointestinal tract of rat embryos and newborns to establish the structural and functional

role of serotonin in the maturation of their stomach, intestines and glands (17). Dr. Hrishev, together with a team, carried out pioneering research on the role of ghrelin, expressed by mast cells, in the control of the motility of the common hepatic duct in the domestic pig (7). Together with a team from the Veterinary Faculty at Tracian University - Stara Zagora, Dr Hrishev studied the localization and role of lipoprotein lipase in various structures in the liver and adrenal glands of male and female clinically healthy New Zealand white rabbits for the release of cholesterol from lipoproteins and synthesis of steroid hormones.

Dr Hrishev's participation in a national research project funded by the Scientific Research Fund resulted in a study of the effects of melatonin deficiency on bioparameters reflecting aging in pinealectomic rats (9).

Dr Hrishev's scientific focus on the chemical composition and toxicity of some plants from the Bulgarian flora in experimental conditions in male Wistar rats to establish their possible pharmacological effects in clinical practice is interesting(10).

3. Participation in the implementation of research projects:

Dr Petar Hrishev participated in four intra-university research projects, funded by the Science Council at MU-Plovdiv and two national, funded by the National Scientific Research Fund.

IV. Evaluation of the monographic work for participation in the "ASSOCIATE PROFESSOR" competition by the candidate:

Dr P. Hrishev's monograph gives a broad view on obesity and reveals the role of specific biomarkers in its detection, as well as the possible directions for therapeutic influence. It has been analytically proven that gender has specific characteristics that are a focus in the prevention, diagnosis, treatment and prognosis of metabolic syndrome. Knowledge of gender differences in the pathogenesis and clinical presentation of obesity is relevant to the individual response and an important element of a personalized approach to delay cardiovascular pathology.

V. Reflection (citation) of the candidate's publications in national and foreign literature (publication image):

The scientific works of Dr Peter Hrishev is quoted:

- 25 times in scientific publications, referenced and indexed in world-famous databases with scientific information (Scopus and Web of Science);
- 3 times in monographs and collective volumes with scientific review.

The total IF of Dr Petar Hrishev is 14.669.

VI. Complex, qualitative evaluation of the teaching-methodical and teaching activity:

Dr Petar Hrishev teaches human physiology to medical and dental students in Bulgarian and English, as well as to students of the specialties at the Medical College, MU-Plovdiv and to students of the medical assistant specialty at the Faculty of Public Health, MU-Plovdiv. Dr Hrishev is a respected and beloved teacher. He was chosen by second-year medical students, studying in English, as the best teacher of practical exercises for the summer semester of the academic years 2020/2021 and 2021/2022. Dr Hrishev participates in the examination committees for the semester Human Physiology exam for students of medicine and dentistry, taught in Bulgarian and English, as well as for students in the specialties of medical laboratory technician, X-ray laboratory technician, dental technician, assistant pharmacist, public health inspector and dietary nutrition instructor at the College of Medicine, MU-Plovdiv and doctor's assistant at the Faculty of Public Health, MU-Plovdiv.

Dr Petar Hrishev's classroom study activity (lectures and exercises) for the academic years 2020/2021, 2021/2022, 2022/2023 is high - respectively 774 study hours, 958 study hours, 1064 study hours and exceeds the minimum requirements (360 study hours per year, of which 300 practical exercises). The candidate's extracurricular employment is related to individual work with students, preparation of study materials, responsible for scientific activity and e-learning, participation in research project teams and others and exceeds 100 hours per year.

VII. Critical notes and recommendations

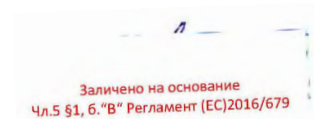
I have no comments or recommendations.

VIII. My overall assessment of the personal qualities, scientific production and academic-teaching skills of Dr Petar Hrishev is high - the results and contributions of the scientific production are original and the submitted documents are in accordance with the minimum national requirements under Art. 26, points 2 and 3, respectively and p.5 of the Law of DASRB and the requirements specific to MU - Plovdiv by direction and for units with/without clinical activity, defined in the Regulations for Academic Development at the Medical University - Plovdiv.

IX. Conclusion:

Based on the provided documents and the analysis of the overall scientific and academic-teaching activity, I believe that Dr Petar Ivanov Hrishev fully meets the mandatory and specific conditions and scientometric criteria for occupying the academic position of "ASSOCIATE PROFESSOR".

I propose to the Honorable Scientific Jury to vote positively for awarding the academic position "ASSOCIATE PROFESSOR " to Dr Petar Ivanov Hrishev.



04.12.2023

Prof. Julia Nikolova, MD, PhD

Department of Physiology,

MF, MU – Plovdiv, Bulgaria